

>>> PLU Rowing alums include two Olympians, four All-Americans, and 27 national team hopefuls.

PLU CREW >>>



A New Era in PLU Crew

Our team trains throughout the academic year, with two competitive seasons: fall head-racing and spring sprint-racing. The highlight of the fall is the Charlie Brown Invitation, which attracts competitors from around the Pacific Northwest.

The heart of spring is a series of weekend dual and tri-regattas against NCAA Division II and Division III competitor schools from within our seven-member NCRC Conference. PLU's racing season traditionally starts on the first weekend of our February Training Camp on American Lake, and continues through post-season championship rowing in early June.

For the last two seasons, selected athletes on both squads have competed in the Northeast against other Division III schools they normally would not race against until nationals. When schedules permit, the lightweights have competed at the San Diego Crew Classic. Regular season racing for varsity squads concludes in May at the WIRA Sprints Championships on the Lake Natoma Reservoir in Sacramento, California.

4949-0707



ATHLETICS

www.plu.edu/athletics/crew



Crew athletes restored the "Marjory Andersen" shell to honor alumni accomplishments.

Rowing has been an important component of the PLU athletic experience for 45 consecutive years.

PLU varsity women have earned top-three overall finishes in the NCAA Pacific region five of the past six years.



Achieve Success through hard work and raised expectations



PLU Rowing Experience
Be part of a winning tradition



From the **Coach**



"Rowing is more than a fast boat on race day. It's a complementary experience to a student-athletes intellectual development. Rowing, like success, is a journey, not a destination. I tell my oarsmen to have fun, learn and, most of all, grow as individuals. The wins the losses will take care of themselves."

—Tone Lawver, PLU Head Rowing Coach

Pacific Lutheran University offers more than 3,600 students a unique blend of academically rigorous liberal arts and professional programs that prepare them for a lifetime of success – both in their careers and in service to others.

What others **Say**

"I can't imagine my life at PLU without PLU crew. The team is like my family, and the commitment to the team keeps me disciplined in my academic life."

— Kat Jenkins '09

"Being a part of the PLU Rowing community has been an amazing experience, allowing me to go forward in life with confidence and determination."

— Justin Hull '08

Contact **Information**

Want to learn more?

Fill out the enclosed information card and we will have somebody contact you to discuss your interest. For more detailed information, please call any of the numbers listed below, or visit our Web site.

Contact PLU Crew at: 253-535-8504

Tone Lawver: lawver@plu.edu

Web: www.plu.edu/athletics/crew

Admission and financial aid information: 800-274-6758



ATHLETICS